FRESH THYMES

MAGAZINE | *Summer 2025*

SERVE UP *summer*

- Sizzlin' Summer Recipes
- Stone Fruit Season
- We Love Local!

plus
SAFE SKIN CARE PRODUCTS TO BEAT THE SUMMER HEAT

FRESH THYME MARKET®

FREE

FROM GROVE TO PANTRY

GA USA

FRESH PRESS FARMS®

MADE IN GEORGIA, USA

100% COLD PRESSED EVOOS

AND ORGANIC PEACH CIDER VINEGARS

Midwest summer

The patio is open! Thanks to hardworking growers and business owners, alfresco dining comes alive in summer—and Fresh Thyme Market is at the heart of it all. In this edition of *Fresh Thymes*, we pay tribute to the local heroes who nourish our communities. Get to know brands born right in your backyard, and discover new, wholesome products from neighboring states.

We're sharing recipes and tips to make the most of summer in the heartland. Serve up sweet and spicy Grilled Chipotle Shrimp-and-Pineapple Tacos, or indulge in Tropical Cherry-and-Mango Trifles. Pack the cooler with on-the-go snacks, and replenish your pool tote with sun protection products for the whole family.

Summer is in full swing at Fresh Thyme Market!

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ROOTED IN THE MIDWEST

GET SOCIAL WITH US

Visit *freshthyme.com* for exclusive deals, MyThyme coupons, and recipes. Follow us for delicious recipes, innovative products, and natural tips, and share your ideas by tagging us at #FreshThymeFinds!

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GET HYDRATED

MAKE SUMMER HYDRATION EASY WITH SIMPLE HABITS THAT KEEP YOU REFRESHED ALL SEASON LONG. SMART DRINK CHOICES AND EVERYDAY FOODS CAN MAKE STAYING HYDRATED EFFORTLESS.

TEAM MEMBER
MEGHAN SEDIVY
Registered Dietitian
8 Years at Fresh Thyme Market

"Staying hydrated is essential for sustaining your energy, achieving glowing skin, and enhancing your mood."

As a dietitian, I often find that people underestimate how much water they need—especially in warmer weather. According to the Dietary Reference Intakes, women should aim for about 11 cups per day, and men about 15. However, hydration is personal—factors like sweating, activity level, and time spent outdoors can all increase your fluid needs.

While water is always best, it can get boring, so finding ways to mix it up can help encourage adequate water intake and support your hydration goals. If your hydration routine needs a boost, try delicious and hydrating infused water with flavor combos like strawberries and basil, cucumbers and mint, and cherries and lime.

Don't forget that fruits and veggies can help meet your hydration needs, too! According to the Dietary Reference Intakes, survey data suggest that approximately 20 percent of water intake comes from food, and the remaining 80 percent is from drinks. Watermelon, cantaloupe, cucumbers, tomatoes, and lettuce are more than 90 percent water and can be very refreshing and hydrating snacks. Cool down with a cantaloupe caprese salad, or share a BLT dip topped with fresh tomato and shredded lettuce.

Beat the summer heat this season by taking simple steps to stay hydrated. Your energy, skin, and mood will thank you!

Consult with your healthcare provider before beginning any new supplement or making significant changes to your diet.
Source: *https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t4/?report=objectonly, https://nap.nationalacademies.org/read/10925/chapter/6#145*

SUMMER PRODUCE

FROM THE HEARTLAND TO YOUR TABLE, FRESH THYME BRINGS YOU THE SEASON'S FRESHEST FLAVORS.

Fresh Thyme produce is rooted in the Midwest, harvested by local farming families to provide fruits and vegetables at their peak freshness and flavor. Eating in season isn't just delicious—it's a smart choice for your health and your community.

Local produce sustains a lower carbon footprint and is often more nutrient-rich compared to foods that travel long distances. This summer, fill your plate with nature's best: crisp bell peppers, sweet berries, and hydrating melons. And when you shop, look for in-store signs highlighting what's grown in your state—from sun-ripened tomatoes to hand-picked herbs.

Midwest Produce Farms

MOUZIN BROTHERS FARMS

Started in 1935, Mouzin Brothers Farms is a family-owned operation nestled in southern Indiana. With generations of experience, the Mouzin family provides their plump, juicy watermelons to Fresh Thyme shoppers.

WORLD WIDE FARMS

Brighten up any dish with fragrant herbs from World Wide Farms. Their Illinois farm grows basil, chives, mint, oregano, thyme, and much more. By partnering with Fresh Thyme, they are able to provide the freshest produce possible for Midwest families.

BORZYNSKI'S FARM

Support local farmers and your local economy with green beans, sweet corn, cabbage, bell peppers, and more from Borzynski's Farm. With farms in Illinois and Wisconsin, their produce is shipped to stores quickly, ensuring high-quality foods.

CAPRESE S'MORES

These grilled savory s'mores are a welcome appetizer or light lunch treat.

PREP 25 minutes
COOK 9 minutes
SERVES 8 *(1 each)*

8 (⅜-inch-thick) slices Sunset tomatoes
8 thin-sliced fresh mozzarella cheese slices, at room temperature
¼ tsp. Fresh Thyme fine sea salt
16 (⅜-inch-thick) slices French baguette
Fresh Thyme extra virgin olive oil spray
½ (3 oz.) pkg. prosciutto, halved crosswise
Balsamic vinegar glaze
Fresh organic basil leaves

1. Preheat grill for direct cooking over medium-low heat (300°F).

2. Pat tomato and mozzarella slices dry with paper towels. Sprinkle both sides of tomatoes and mozzarella with salt.

3. Spray both sides of baguette slices with olive oil spray; grill for 2 to 3 minutes or until lightly toasted on one side. Turn over baguette slices and top 8 slices with mozzarella. Close lid; grill for 1 to 3 minutes or until bottoms are lightly toasted and cheese begins to melt. Remove from grill.

4. To assemble, top each mozzarella-topped toast with prosciutto half-slice and tomato slice. Lightly drizzle each with balsamic glaze and add basil leaves. Top with remaining toasted baguette slices. Serve immediately.

Each serving contains: *100 calories, 4 g fat, 2 g saturated fat, 0 g trans fat, 15 mg cholesterol, 310 mg sodium, 10 g carbohydrates, 1 g fiber, 2 g sugar, 6 g protein.*
Daily values: *0% vitamin D, 8% calcium, 2% iron, 2% potassium.*

ROOTED IN THE MIDWEST

VOLPI FOODS

John Volpi left his home in Milan, Italy, to start a cured meat company in St. Louis. Located on The Hill—a hub for American-Italian culture—Volpi Foods makes salami, prosciutto, and more with authentic methods and recipes, bringing a taste of Italy to the Midwest.

FRESH THYME FAVORITES!

LOCAL

DISCOVER MIDWEST-MADE PRODUCTS AT FRESH THYME.

DANDIES VEGAN VANILLA MARSHMALLOWS

Marshmallows are a summer campfire staple. These sweet, soft, and squishy vegan snacks are made in **Chicago, IL.**

SEVEN SUNDAYS WILDBERRY PROTEIN OATS

Amp up your oatmeal with double the protein and wildberry flavor. This **Minneapolis-based** company sweetens their oats with pure maple syrup.

THE GFB DARK CHOCOLATE COCONUT BITES

Two brothers from **Grand Rapids, MI** set out to make gluten-free food with great ingredients and great taste. These chocolate coconut bites are just that—gluten-free, vegan, and so yummy.

KALONA SUPERNATURAL ORGANIC WHOLE CHOCOLATE MILK

Grass-fed cows in the small town of **Kalona, IA** are making some extremely tasty milk. It's low-temp pasteurized and non-homogenized blended with organic cocoa and organic cane sugar. Creamy and dreamy.

ST. ELMO STEAK HOUSE COCKTAIL SAUCE

The famous St. Elmo Steak House in **Indianapolis, IN** opened in 1902 and is still serving delicious dishes. You can now get the fiery and flavor-packed cocktail sauce right in your own kitchen.

TRY SOMETHING NEW

BRAND SPOTLIGHT

NUTRITIONAL ROOTS

Cleveland, OH

Rooted in their founding doctor's discoveries, Nutritional Roots brings time-honored remedies into your daily routine. Dr. Todd J. Pesek grew up in the Appalachian woods where he learned to trust in nature's ability to heal. That passion led him to medical school—and later, around the world—studying how plants help people stay healthy through life's changes. Today, Dr. Pesek brings that wisdom to his work as a doctor and professor of functional medicine. With Nutritional Roots, his easy-to-take formulas—like Magnesium + Irish Sea Moss—give your body the support it needs as nature intended.

Consult with your healthcare provider before beginning any new supplement or making significant changes to your diet.

SUMMER MUST-HAVES

TRY THESE PRODUCTS TO GIVE YOUR BODY THAT HEALTHY, SUMMERTIME GLOW.

SKY ORGANICS LIP SCRUB
Revive dry lips with exfoliating sugar crystals and a blend of hydrating oils. Organic beeswax locks in moisture for a soft, supple feel.

MAD HIPPIE JELLY CLEANSER
Feel fresh faced with this oil-based cleanser that not only removes dirt and makeup but also provides anti-aging, tone correcting, and moisturizing properties. Clean ingredients that leave skin silky smooth.

BADGER SPF 30 DAILY MINERAL SUNSCREEN
Don't just protect your skin from UV rays—moisturize it too! Your summer skin will thank you for using this nongreasy, SPF 30, zinc-based sunscreen and body moisturizer every day.

FROWNIES EYE GELS
Reduce puffiness, brighten dark circles, and soften fine lines with one of your summertime skin staples—aloe! Cactus collagen and aloe vera combine in these fun-to-use under-eye gels.

AYEYA BODY BUTTER AND LOTION
Say goodbye to dry skin. Ultra-moisturizing and deeply penetrating body butter and lotion give your skin the hydrated look and feel you crave after a day in the sun.

HUME SUPERNATURAL DRY BODY OIL
Who knew you could have the benefits of body oil without the greasy feeling? Support the skin barrier with more moisture and improved skin microbiome with this instantly-absorbing dry oil.

trilogy
Certified Organic Rosehip Oil
20 mL / 0.68 fl oz
trilogy
Vitamin C+ Super Serum
with 10% vitamin C, 2% NovoRetin™, collagen alternative, vegan peptide & ceramide NP.
30 mL / 1.0 fl oz

BRAND SPOTLIGHT

TRILOGY

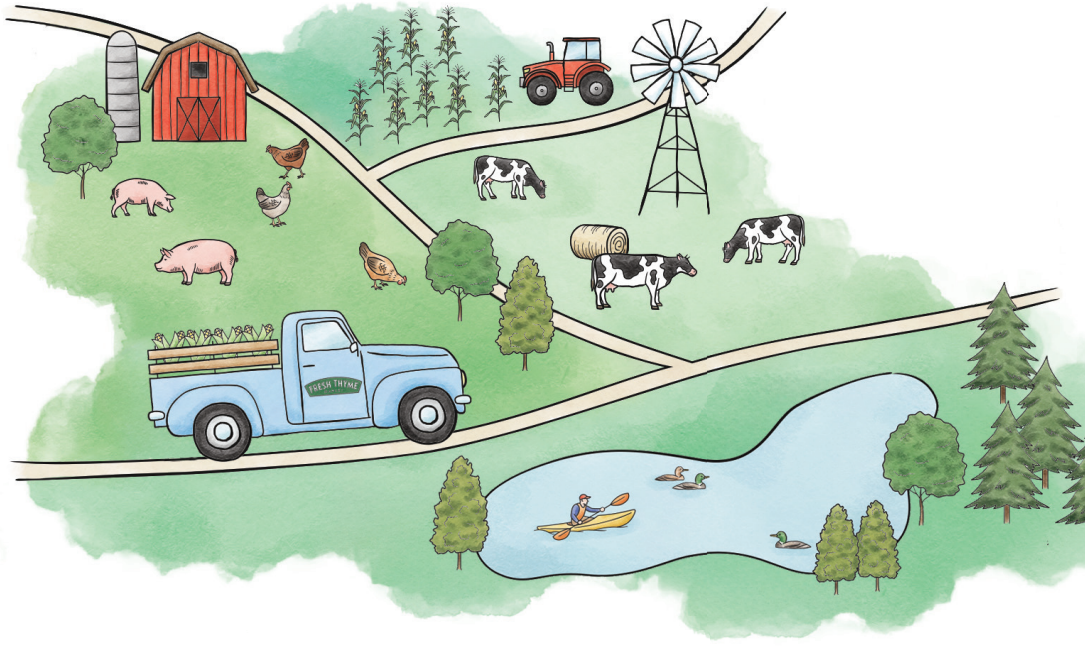
This summer, elevate your skin care with the force of nature. Trilogy's Organic Rosehip Oil is cold-pressed and clinically proven to enhance overall skin health by deeply nourishing and repairing sun-kissed skin. For next-level radiance, pair it with Vitamin C+ Super Serum, powered by NovoRetin™—a natural retinol alternative with all the benefits, minus the sun sensitivity. This brightening, tightening, smoothing 'super' serum blends eight active ingredients for refined pores, balanced tone, and a luminous, hydrated complexion.

CAMERON'S
SPECIALTY COFFEE
ALWAYS SMOOTH, NEVER BITTER!
SHINE water
EXCELLENT SOURCE OF VITAMIN D
RISHI
TEA & BOTANICALS
SACHET
NACHO
DIP
FRESH THYME
MARKET
-PROUDLY-
ROOTED
IN THE
MIDWEST
-SINCE 2014-

At Fresh Thyme Market, we bring people closer to the food that's grown close to them. Whenever possible, we source products from local partners, brands, and farmers. Our variety of wholesome, sustainable products are as good for you as they are for our communities.

We partner with brands at three levels—hyper-local, state-local, and Midwest-local. This approach allows us to work with various companies, whether they're small and mighty, or well established in their communities. More than 20 brands have reached the Midwest-local level and are sold at all 70 Fresh Thyme locations.

"There is something so cool about making products available that were previously only available directly from the brand or at small farmers' markets," says Rebecca Stephens, Local Program Manager. "Often local brands increase their staff to meet the demand from being placed at Fresh Thyme. This means new jobs directly into the communities we serve."



LOCAL STATE CHAMPIONS

To stock our shelves with local goods, we appoint Local State Champions who discover makers and producers in their communities. Our scouts attend food shows across the Midwest where they can speak directly to vendors, taste new foods, and bring exciting products to Fresh Thyme Market.

TEAM MEMBER
JOHN BIGELOW
Local State Champion, MN
8 Years at Fresh Thyme Market

"Being a Local State Champion gives me another opportunity to work with our wonderful communities, helping them promote and grow their businesses. Food shows are a lot of fun. I get to meet and hear from each vendor why they believe in their products. I firsthand feel the excitement for what they believe in."

TEAM MEMBER
BEN MOHER
Local State Champion, MI
1 Year at Fresh Thyme Market

"I love connecting with our vendor partners! I learn new insights about their companies and offerings, so I can share those stories with my team and, in turn, they can share with our customers. It's exciting to see the new and upcoming product launches and to be part of the team that brings them into our stores."

TEAM MEMBER
MALLORY TIMMERMAN
Local State Champion, PA
6 Years at Fresh Thyme Market

"When choosing local brands, I look for items that have simple ingredients, that fill a gap in what we offer, and that the Pittsburgh teams enjoy. If our team members enjoy the products, then it's easy to believe that our customers and the community will love them too!"

Fresh Thyme is proud to currently carry over 1,000 local brands, representing over 8,000 local items.
–Rebecca Stephens, Local Program Manager

Midwest Products

FROM OUR COMMUNITY TO YOUR HOME

To shop these local goods and more, look for Local Brand Spotlight signs in your store and sample products straight from the vendors during in-store demos. Fresh Thyme Market is proud to invest in the communities we serve.

CAMERON'S COFFEE

Shakopee, MN • Coffee

Bill Kirkpatrick acquired Cameron's Coffee in 1993, and later opened its Minnesota roastery, which is still in use and growing today. Bright, cheerful flavors like Vanilla Hazelnut and Toasted Coconut are made from 100% Specialty Grade Coffee that is responsibly sourced and roasted using indirect heat, so beans are never burnt.

GOOD FOODS

Pleasant Prairie, WI • Dips

Good Foods is a family-owned business committed to high-quality ingredients. Their mission is to bring more good to more moments. From special occasions to everyday snacking, their guacamole, salsas, and dips will delight everyone's taste buds!

CASTOR RIVER FARMS

Dexter, MO • Long Grain Rice

Family-owned-and-operated Castor River Habitat & Farm is nestled in Southeast Missouri where they harvest rice from seed to shelf. Prioritizing regenerative farming practices, Castor River maintains healthy soil and healthy crops for future generations. Try their long grain brown and white rice that's grown with nature in mind.

RISHI TEA & BOTANICALS

Milwaukee, WI • Organic Teas

Established in 1997, Rishi Tea & Botanicals offers premium, organic, direct trade teas from off the beaten path. Start your flavorful exploration with Earl Grey, English Breakfast, Turmeric Ginger, Chamomile Medley, Lavender Mint, Masala Chai, and Peach Hibiscus Green.

SHINEWATER

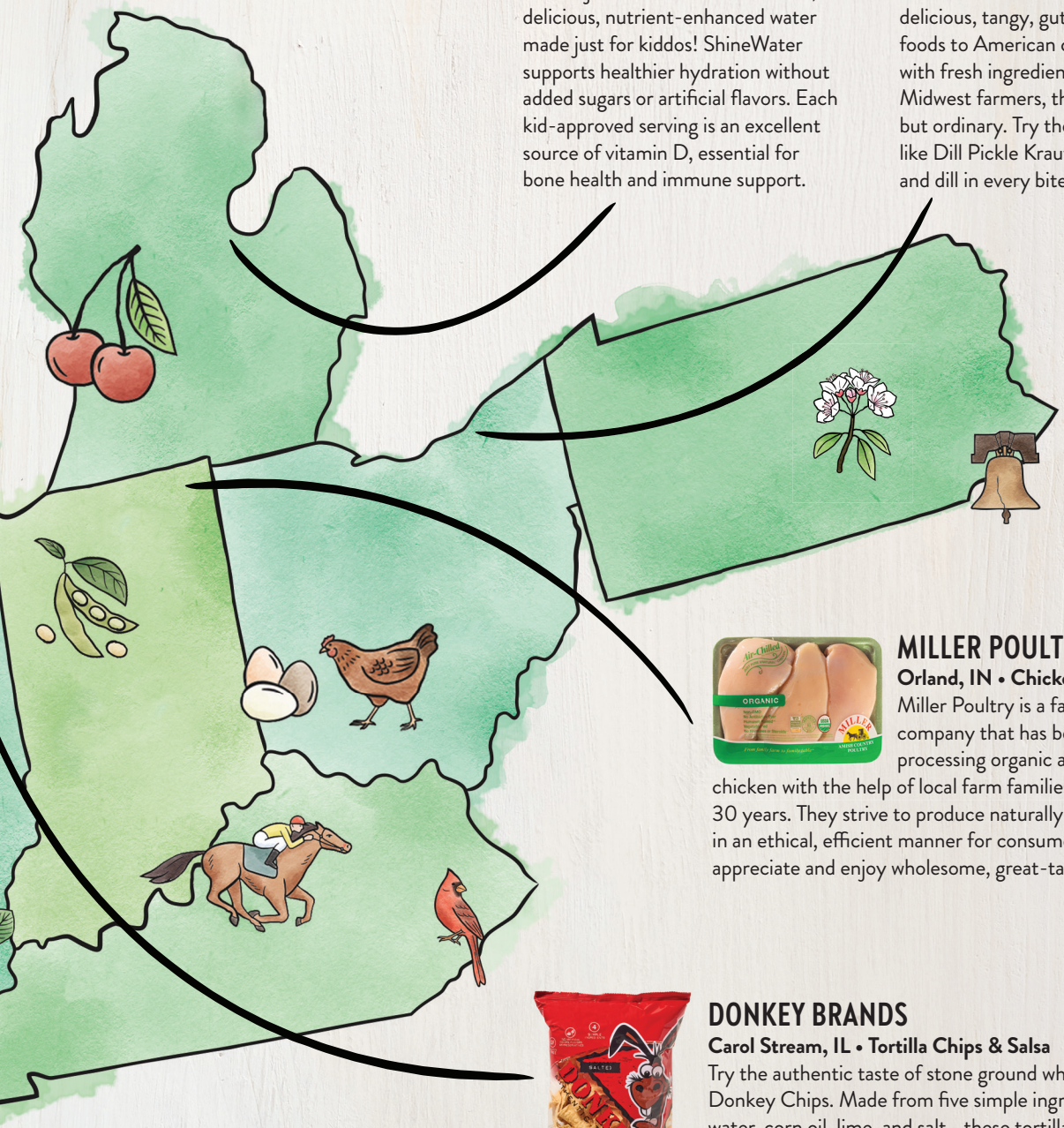
Bay City, MI • Enhanced Water

It's not juice. It's not soda. It's bold, delicious, nutrient-enhanced water made just for kiddos! ShineWater supports healthier hydration without added sugars or artificial flavors. Each kid-approved serving is an excellent source of vitamin D, essential for bone health and immune support.

CLEVELAND KITCHEN

Cleveland, OH • Sauerkraut

It is Cleveland Kitchen's goal to bring delicious, tangy, gut-friendly fermented foods to American consumers. Made with fresh ingredients sourced from Midwest farmers, their kraut is anything but ordinary. Try their unique flavors, like Dill Pickle Kraut that has fresh garlic and dill in every bite.



MILLER POULTRY

Orland, IN • Chicken

Miller Poultry is a family-owned company that has been raising and processing organic and all-natural chicken with the help of local farm families for more than 30 years. They strive to produce naturally grown poultry in an ethical, efficient manner for consumers who appreciate and enjoy wholesome, great-tasting food.

DONKEY BRANDS

Carol Stream, IL • Tortilla Chips & Salsa

Try the authentic taste of stone ground white corn with Donkey Chips. Made from five simple ingredients—corn, water, corn oil, lime, and salt—these tortilla chips are the delicious product of a generations-old recipe. Pair them with Donkey Salsa, available in mild or hot.

Fresh Thyme sources meat and seafood from local and national distributors that honor our high standards.
savor the
SIZZLE

AWAKEN YOUR TASTE BUDS! THESE UNIQUE GRILLING RECIPES ADD SHOWSTOPPING FLAVOR TO FRESH FISH, TENDER MEAT, AND HEARTY VEGGIES.

GRILLED CHIPOTLE SHRIMP-AND-PINEAPPLE TACOS

Smoky and spicy chipotle shrimp and sweet caramelized pineapple make a delightful pair.

PREP 55 minutes **COOK** 11 minutes
SERVES 6 *(2 each)*

¼ cup Tia Lupita Foods low-sodium chipotle sauce
3 Tbsp. fresh lime juice, divided
3 Tbsp. Fresh Thyme avocado oil, divided
1 Tbsp. Fresh Thyme honey
1 tsp. Fresh Thyme ground chipotle pepper
¼ fresh whole pineapple, peeled
1½ lb. frozen shell-on, easy peel raw shrimp (16 to 20 ct.)
2 large shallots, peeled and halved
2 small jalapeño peppers*
12 (5½ inch) white corn tortillas
1 Tbsp. finely chopped fresh cilantro, plus more for serving
Lime wedges, for serving
Primal Kitchen cilantro lime dressing & marinade with avocado oil, for serving

1. In a small bowl, whisk together chipotle sauce, 1 Tbsp. lime juice, 1 Tbsp. avocado oil, honey, and chipotle pepper; divide mixture in half and set aside. Cut pineapple into 2 (½- to ¾-inch-thick) slices; pat dry with paper towels. Brush pineapple with 1 Tbsp. avocado oil and set aside.

2. Preheat grill with a greased grill grate for direct cooking over medium-high heat (375°F). Peel and devein shrimp, leaving tails attached. Pat shrimp dry with paper towels. Thread shrimp onto 6 (12-inch) metal skewers; brush with one portion of chipotle sauce mixture.

3. Grill shrimp kabobs, pineapple slices, shallot halves, and jalapeño peppers for 6 to 8 minutes or until shrimp reaches 145°F and pineapple and vegetables are lightly charred, turning frequently. Remove from grill; brush shrimp with remaining chipotle sauce.

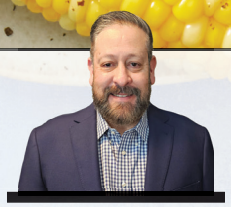
4. Lightly brush both sides of tortillas with remaining 1 Tbsp. avocado oil; grill for 2 to 3 minutes or until slightly charred, turning once.

5. For salsa, core and chop grilled pineapple slices, shallots, and jalapeños; place in a medium bowl. Stir in 1 Tbsp. cilantro and remaining 2 Tbsp. lime juice; gently toss to combine.

6. To serve, remove tails from shrimp; top each grilled tortilla with about 3 shrimp and 2 Tbsp. pineapple salsa. Garnish with additional cilantro; serve with remaining salsa, lime wedges, and cilantro lime dressing, if desired.

**Note: Chile peppers contain volatile oils that can burn your skin and eyes. When working with poblano and jalapeño peppers, wear protective gloves.*

Each serving contains: *270 calories, 9 g fat, 1 g saturated fat, 0 g trans fat, 50 mg cholesterol, 310 mg sodium, 39 g carbohydrates, 2 g fiber, 14 g sugar, 9 g protein.* ***Daily values:*** *0% vitamin D, 4% calcium, 2% iron, 4% potassium.*



TEAM MEMBER
SERGIO GARCIA
Director of Merchandising; Meat, Seafood, Deli, Bakery
11 Years at Fresh Thyme Market

"Pork ribs are a go-to for our family. We love finishing off our ribs with Fresh Thyme St. Louis BBQ Sauce and incorporating our great produce offerings."

SMOKED BABY BACK RIBS

Enjoy ribs that are fall-off-the-bone tender and juicy.

PREP 20 minutes plus standing time
COOK 4 hours
SERVES 8 *(3 ribs each)*

2 (2½ to 3 lb.) racks pork baby back ribs
3 Tbsp. Fresh Thyme honey mustard
¼ cup Galena Canning Co. Kentucky bourbon BBQ seasoning & rub
Hickory wood smoking pellets
½ cup Fresh Thyme unsalted butter, cut into thin slices
¼ cup packed Fresh Thyme light brown sugar
4 Tbsp. organic Honeycrisp apple cider
Desired barbecue sauce, for serving

1. Remove and discard the membrane. Trim excess fat if needed; pat dry with paper towels. Rub all sides with honey mustard, then BBQ seasoning. Wrap each rack in plastic wrap and refrigerate for 30 minutes.

2. Meanwhile, preheat pellet smoker according to manufacturer's directions to maintain a temperature of 225°F to 230°F. Use wood pellets and water pan as directed by manufacturer.

3. Unwrap rib racks. Place, bone sides down, on grate in smoker. Close smoker; smoke for 2 hours.

4. During the last 10 minutes of smoking, cut 4 (24×12-inch) sheets of heavy foil. Fold up edges on 2 sheets to create trays. Place foil trays side by side in a large rimmed baking pan. Divide and arrange butter slices down the center of each foil tray; sprinkle brown sugar on top of butter.

5. Remove ribs from smoker. Place each rib rack, bone-side up, in a foil tray. Drizzle 2 Tbsp. apple cider over each rib rack. Use remaining foil to cover and tightly wrap each rib rack. Place foil packs bone sides up on grate in smoker. Close smoker; smoke for 1 to 1½ hours or until an instant-read thermometer inserted in thickest part of meat and not touching bone reaches 200°F to 205°F*. If necessary, add additional wood pellets to maintain smoke.

6. Carefully transfer the rib foil packets to the rimmed baking pan. Remove ribs from foil packets and place, bone sides down, on grate in smoker. Lightly brush tops of ribs with barbecue sauce, if desired. Close smoker; smoke for 20 to 30 minutes more or until sauce slightly thickens on ribs.

**Note: This recipe was tested using a pellet smoker. Smoking times may vary depending on style and size of smoker.*

Each serving contains: *400 calories, 29 g fat, 0 g saturated fat, 0 g trans fat, 100 mg cholesterol, 260 mg sodium, 14 g carbohydrates, 0 g fiber, 14 g sugar, 20 g protein.* ***Daily values:*** *6% vitamin D, 4% calcium, 4% iron, 6% potassium.*

Find these Midwest-crafted BBQ sauces, perfect with smoked ribs, at Fresh Thyme Market!

RIB RACK ORIGINAL BBQ SAUCE Rib Rack's sweet and smoky Original BBQ Sauce is available at all Fresh Thyme locations.

GALENA CANNING CO. HONEY HABANERO BBQ SAUCE Women-owned Galena Canning Co. packs big flavor into every jar of sauce.

HOOSIER DADDY SWEET & SASSY BBQ SAUCE Indiana residents may recognize Hoosier Daddy's award-winning sauces for dipping and grilling.

GRILLED KIMCHI COLESLAW

Blend up kimchi in the food processor for a mildly spicy, sour dressing on this colorful grilled veggie slaw.

PREP 45 minutes plus cooling time **COOK** 8 minutes
SERVES 4 *(1⅓ cups each)*

½ cup refrigerated spicy napa cabbage kimchi
¼ cup plus 2 Tbsp. Fresh Thyme avocado oil, divided
3 Tbsp. unseasoned rice vinegar
1 Tbsp. Fresh Thyme honey
¼ tsp. Fresh Thyme fine sea salt
1 (3½ to 4 lb.) head napa cabbage
1 (2½ lb.) head red cabbage
3 whole carrots, peeled
1 red bell pepper
4 green onions, thinly sliced
1 Tbsp. Fresh Thyme sesame seeds, lightly toasted

1. For dressing, in a mini food processor, place kimchi, ¼ cup avocado oil, rice vinegar, honey, and salt. Cover and process until smooth. Refrigerate until serving.

2. Cut both heads of cabbage each into 4 wedges, cutting through the core. Wrap and reserve 2 napa cabbage wedges and 3 red cabbage wedges for another use.

3. Preheat grill with a greased grill grate for direct cooking over medium-high heat (400°F). Brush surfaces of remaining 2 napa and 1 red cabbage wedges; carrots; and bell pepper with remaining 2 Tbsp. avocado oil.

4. Place cabbage wedges on the grill grate, cut sides down. Add carrots and bell pepper. Grill vegetables for 6 to 8 minutes, turning occasionally or until cabbage wedges are charred, carrots are fork-tender, and bell pepper blisters. Transfer vegetables to a tray for 20 to 30 minutes or until completely cooled.

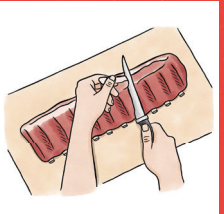
5. Remove and discard core from cabbage wedges. Thinly slice cabbage wedges and transfer to a large bowl. Cut carrots lengthwise into thin strips; add to bowl. Remove seeds and stem from the bell pepper; thinly slice and add to bowl.

6. Stir green onions and sesame seeds into dressing. Add dressing to cabbage mixture; toss to combine. Serve immediately or store tightly covered in the refrigerator up to 1 day.

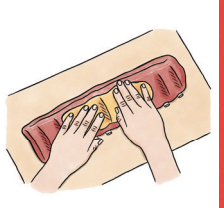
Each serving contains: *140 calories, 11 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 210 mg sodium, 10 g carbohydrates, 3 g fiber, 6 g sugar, 2 g protein.* ***Daily values:*** *0% vitamin D, 6% calcium, 6% iron, 8% potassium.*

HOW TO PREP RIBS

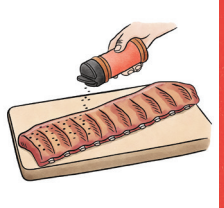
1 Remove Membrane: Use a dinner knife to loosen the thin membrane on the bone side of the ribs. Gently pull the membrane away from the ribs to remove and discard.



2 Trim Ribs: If needed, remove excess fat from ribs with a sharp carving knife. Pat ribs dry with a paper towel.



3 Apply a Binder: Use a binding agent like olive oil or mustard to help spices cling to the meat.



4 Season: Generously season with a rub or blend of spices on all sides. Press seasoning onto binder until it sticks.

GRILLED MISO SWEET POTATO SPEARS

Rich, robust miso is the perfect flavor to pair with mild sweet potatoes. Make the sauce ahead of time for an even easier weeknight side dish.

PREP 30 minutes **COOK** 15 minutes
SERVES 6

3 (8 to 10 oz.) sweet potatoes
3 Tbsp. Fresh Thyme avocado oil, divided
½ cup Fresh Thyme sour cream
2 Tbsp. fresh lime juice
1 Tbsp. toasted sesame oil
1 Tbsp. organic white miso paste
2 tsp. Fresh Thyme honey
1 tsp. refrigerated roasted garlic paste
2 tsp. Lillie's Q umami boost flavor enhancer seasoning
3 Tbsp. fresh cilantro leaves

1. Cut each sweet potato lengthwise in half. Cut each half lengthwise into ¼-inch-thick spears; place in a large bowl. Drizzle with 2 Tbsp. avocado oil; toss to coat and set aside.

2. Preheat grill with a greased grill grate for direct cooking over medium-high heat (375°F). Meanwhile, in a small bowl, whisk together sour cream, lime juice, sesame oil, miso paste, honey, and roasted garlic paste; cover and refrigerate until serving.

3. Place sweet potato spears on grill grate. Grill for 12 to 15 minutes or until fork-tender, turning occasionally. To prevent overbrowning, move potato spears to the warming rack as needed.

4. Transfer potato spears to large bowl. Drizzle with remaining 1 Tbsp. avocado oil and sprinkle with umami seasoning; gently toss to coat. Arrange potato spears on a serving platter; drizzle with 3 Tbsp. sour cream sauce; sprinkle with cilantro. Serve with remaining sauce.

Each serving contains: *250 calories, 13 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 370 mg sodium, 35 g carbohydrates, 4 g fiber, 9 g sugar, 3 g protein.* ***Daily values:*** *0% vitamin D, 4% calcium, 6% iron, 10% potassium.*

GRILLED LEMON-GARLIC SPATCHCOCK CHICKEN

Spatchcock chicken lies flat on the grill grates for faster and more even charring.

PREP 30 minutes, plus marinating time
COOK 51 minutes, plus resting time
SERVES 6

1 (4½ to 5 lb.) young whole chicken
½ cup Tessemae's organic lemon garlic dressing & marinade
2 tsp. McCormick garlic, herb, black pepper and sea salt all-purpose seasoning, plus more for serving
Lemon halves, for garnish
Fresh Thyme fresh organic dill, for garnish
La Terra Fina caramelized onion with roasted garlic dip, for serving

1. Remove giblets from chicken; reserve for another use or discard. Pat chicken dry with paper towels. Place chicken, breast side down, on a large cutting board. Using sharp kitchen shears, cut through the chicken along both sides of the backbone; remove and discard backbone.

2. Turn chicken over so breast side is up, opening cavity to lay chicken flat on the cutting board. With the heels of your hands, press firmly onto the breastbone until it cracks to flatten the chicken.

3. Place chicken in a large resealable plastic bag. Pour marinade over chicken; seal bag. Turn bag to evenly coat chicken with marinade; refrigerate for 30 minutes or up to 2 hours, turning bag occasionally.

4. Preheat grill for direct cooking over high heat (450°F). Remove chicken from marinade; discard marinade. Pat chicken dry with paper towels. Sprinkle and rub 2 tsp. seasoning over chicken.

5. Place chicken, breast side down, on grill grate. Place a heavy cast-iron skillet on top of chicken to press flat. Close grill lid; grill for 4 to 6 minutes or until skin is lightly charred and crispy.

6. Reduce grill to medium heat (350°F). Turn chicken over. Close grill lid. Grill, without skillet on top, for 40 to 45 minutes more or until chicken reaches 165°F to 170°F in thickest part of thigh. Transfer chicken to a clean cutting board; loosely cover with foil and let rest for 5 to 10 minutes. Meanwhile, grill lemon halves, cut sides down, until charred.

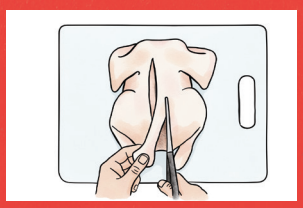
7. Garnish chicken with grilled lemon halves and fresh dill. Serve with caramelized onion and roasted garlic dip. Season to taste with additional all-purpose seasoning.

Each serving contains: *510 calories, 32 g fat, 7 g saturated fat, 0 g trans fat, 165 mg cholesterol, 320 mg sodium, 0 g carbohydrates, 0 g fiber, 0 g sugar, 52 g protein.* ***Daily values:*** *0% vitamin D, 2% calcium, 15% iron, 8% potassium.*

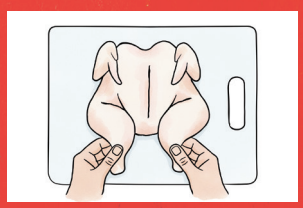
HOW TO

SPATCHCOCK A CHICKEN

This impressive technique allows for faster cooking and delicious, crispy skin.



1 Remove Backbone: Lay chicken breast side down and remove giblets. Cut along sides of the spine with kitchen shears. Remove backbone and discard.



2 Open Cavity: Place the chicken breast side up on the cutting board. Gently tug thighs and wings apart to lay the chicken flat.

3 Break Breastbone: Place the heel of your hand on the chicken and firmly press down until the breastbone breaks.

good TO go

FROM SCENIC ROAD TRIPS TO THE FIRST DAY OF SCHOOL, STAY NOURISHED WITH GOOD-FOR-YOU FOODS THAT TRAVEL WHERE YOUR SUMMER LEADS.

Put a fun twist on school lunches! Bento boxes make it easy to pack a yummy, nutritious meal.

TURKEY SANDWICH KABOBS

Kids will love these sandwich stacks on a stick! Serve with fresh fruits and veggies for a wholesome lunch.

PREP 30 minutes
SERVES 3 *(2 each)*

3 slices Fresh Thyme sliced mild Cheddar cheese
9 everything-seasoned bite-size naan flatbread dippers, halved crosswise
12 thin slices English cucumber
4 slices honey and maple turkey breast, cut lengthwise into thirds
6 cherry tomatoes, halved
6 small butterhead lettuce leaves, midribs removed and cut lengthwise in half

1. Cut cheese into 12 (1½-inch-square) pieces; set aside.

2. To assemble skewers, on each of 6 (4-inch) bamboo skewers, thread one piece of each in the following order: flatbread half, cheese square, cucumber slice, turkey breast strip, cherry tomato half, and lettuce half-leaf. Repeat threading each piece one more time on each skewer, ending with a flatbread half. Pack in a bento box in an insulated bag with an ice pack; serve within 4 hours.

Each serving contains: *220 calories, 9 g fat, 4.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 520 mg sodium, 18 g carbohydrates, 2 g fiber, 3 g sugar, 14 g protein.* ***Daily values:*** *0% vitamin D, 15% calcium, 6% iron, 8% potassium.*

ROOTED IN THE MIDWEST

BABA'S Started by two Palestinian-American siblings in Minnesota, Baba's brings bold flavor with fluffy pita puffs and creamy hummus.

APPLE-PISTACHIO TUNA SALAD

We swapped out mayo for creamy Greek yogurt and added pistachios as a healthier, higher protein twist to the classic tuna salad.

PREP 20 minutes
SERVES 4

¾ cup whole milk plain Greek yogurt
¼ tsp. lime zest
1 Tbsp. fresh lime juice
1 tsp. Fresh Thyme organic Dijon mustard
½ tsp. lemon-pepper seasoning
2 (5 oz.) cans Wild Planet albacore wild tuna with sea salt, drained
1 cup finely chopped Granny Smith apple
¼ cup finely chopped celery
1 Tbsp. chopped Fresh Thyme fresh organic chives, plus additional for garnish
¼ cup finely chopped white onion, optional
½ cup raw shelled pistachios, toasted and coarsely chopped

1. In a medium bowl, stir together yogurt, lime zest and juice, mustard, and lemon-pepper seasoning.

2. Break up tuna; add tuna, apple, celery, 1 Tbsp. chives, and if desired, onion to yogurt mixture. Gently fold together until combined. Cover and refrigerate up to 4 hours, if desired.

3. Just before serving, fold in pistachios. Garnish with additional chives, if desired. Serve in mini sweet bell peppers, butterhead lettuce cups, or pita pockets; on top of crackers; or as a filling for sandwiches. Pack in an insulated lunch box with an ice pack; serve within 4 hours.

Each serving contains: *220 calories, 12 g fat, 3 g saturated fat, 0 g trans fat, 20 mg cholesterol, 210 mg sodium, 11 g carbohydrates, 3 g fiber, 6 g sugar, 21 g protein.* ***Daily values:*** *20% vitamin D, 6% calcium, 6% iron, 10% potassium.*

Fuel your next day trip with a snack box that suits all ages! Pack it with energizing foods, like high-protein tuna dip.

MATCHA COCONUT PROTEIN BREAKFAST BARS

Feel sustained with these breakfast bars that have just a touch of sweetness.

PREP 25 minutes plus chilling time
SERVES 18 *(1 each)*

1½ cups gluten-free sprouted brown rice crisps
½ cup nonfat dry milk powder
½ cup plus 2 Tbsp. Fresh Thyme organic shredded coconut, toasted; divided
3 scoops Fresh Thyme vanilla whey protein powder
¼ cup organic matcha powder
4 Tbsp. organic ground chia seed
1 cup Fresh Thyme organic tahini
⅓ cup Fresh Thyme honey
5 Tbsp. Fresh Thyme organic virgin coconut oil, melted; divided
⅓ cup dairy-free 69% cacao dark chocolate morsels
Fresh Thyme organic coconut chips, toasted; for garnish

1. Line a 9-inch-square baking pan with parchment paper, extending parchment over edges of pan; set aside.

2. In a large bowl, whisk together brown rice crisps, milk powder, ½ cup shredded coconut, protein powder, matcha powder, and chia seed until well combined.

3. Add tahini, honey, and 3 Tbsp. coconut oil. Wearing a food-safe glove, knead mixture in bowl until dry ingredients are completely moistened.

4. Press mixture in prepared pan. Place plastic wrap directly on bars to cover; refrigerate for 1 hour or overnight until firm.

5. In a small microwave-safe bowl, microwave chocolate morsels and remaining 2 Tbsp. coconut oil on high at 15-second intervals until melted, stirring each time. Remove plastic wrap from bars; drizzle with chocolate. Smooth chocolate with an offset spatula. Sprinkle with remaining 2 Tbsp. toasted shredded coconut. Garnish with toasted coconut chips, if desired. Refrigerate until chocolate is set.

6. Use paper edges to lift uncut bars from pan. Cut into 18 (3×1½-inch) bars. Store in a tightly covered container with parchment paper between layers; refrigerate up to 5 days.

Each serving contains: *270 calories, 17 g fat, 8 g saturated fat, 0 g trans fat, 10 mg cholesterol, 90 mg sodium, 23 g carbohydrates, 3 g fiber, 9 g sugar, 9 g protein.* ***Daily values:*** *0% vitamin D, 10% calcium, 10% iron, 4% potassium.*

For an on-the-go breakfast, wrap individual matcha bars in parchment paper, and store in the refrigerator for up to five days.

Stone Fruit Season

PLUMS, PEACHES, CHERRIES, AND MORE ARE QUINTESSENTIAL TO SUMMER. THINK OUTSIDE THE COBBLER WITH UNIQUE RECIPES THAT SHOWCASE STONE FRUIT'S VERSATILITY AND SWEET, TART FLAVOR.

GRILLED SPICED CHICKEN AND STONE FRUIT SALAD

Grill seasonal stone fruits to intensify their sweetness through caramelization.

PREP 25 minutes
COOK 20 minutes plus standing time
SERVES 6

3 tsp. Fresh Thyme avocado oil, divided
2 tsp. fresh lemon juice
2 plums, pitted and cut into 8 wedges each
1 yellow peach, pitted and cut into 8 wedges
1 nectarine, pitted and cut into 8 wedges
2 lb. Fresh Thyme boneless skinless chicken breasts
3 tsp. Frontier Co-op organic berbere seasoning, divided
¼ cup Good Good no added sugar apricot jam
¼ cup organic baby arugula
¼ cup Fresh Thyme organic mint
½ cup dark sweet cherries, pitted and halved
1 (8 oz.) container burrata cheese (2 ct.), drained
Coarsely ground black pepper, for garnish

1. Preheat grill with a greased grill grate for direct cooking over medium-high heat (375°F).

2. For stone fruits, in a small bowl, whisk together 1 tsp. avocado oil and lemon juice. Lightly brush plum, peach, and nectarine wedges with oil mixture. Grill, cut sides down, for 3 to 5 minutes or until lightly charred, turning once halfway through. Remove fruits from grill; cool completely.

3. Meanwhile, pat chicken dry with paper towels; sprinkle and rub with 2 tsp. berbere seasoning; set aside.

4. In another small bowl, stir together apricot jam, 1 tsp. avocado oil, and remaining 1 tsp. berbere seasoning; brush both sides of chicken with jam mixture.

5. Grill chicken for 12 to 15 minutes or until chicken reaches 165°F, turning halfway through. Transfer to a cutting board; loosely cover with foil and let rest for 10 minutes.

6. In a medium bowl, toss together arugula, mint, and remaining 1 tsp. avocado oil.

7. To serve, cut chicken into slices. Place arugula mixture on large platter. Arrange chicken, plums, peach, nectarine, cherries, and burrata on top. Garnish with black pepper, if desired.

Each serving contains: *350 calories, 19 g fat, 7 g saturated fat, 0 g trans fat, 110 mg cholesterol, 300 mg sodium, 18 g carbohydrates, 2 g fiber, 13 g sugar, 38 g protein.* ***Daily values:*** *0% vitamin D, 20% calcium, 8% iron, 10% potassium.*

Grown in Michigan, sweet and tart cherry varieties pair well with tropical flavors.

TROPICAL CHERRY-AND-MANGO TRIFLES

Make the most of summer stone fruit with individual trifles perfect for those warm sunny days.

PREP 30 minutes plus standing time **SERVES** 6

2 limes, divided
2 Tbsp. Fresh Thyme organic unrefined cane sugar, divided
2 ripe mangoes, peeled, pitted, and chopped
2 cups dark sweet cherries, pitted and halved; plus cherries with stems for garnish
12 Ava Organics original coconut crispy rollers, broken into large pieces
¼ cup Fresh Thyme organic coconut chips, lightly toasted; plus additional for garnish
2 cups Siggi's vanilla plant-based coconut blend yogurt, divided
¾ cup frozen dairy-free coconut whipped topping, thawed; divided

1. Add zest and juice of 1 lime to medium bowl. Whisk in 1 Tbsp. sugar; set aside. Repeat with remaining lime zest and juice, and sugar in another medium bowl.

2. Add mangoes to one bowl with lime mixture; toss to coat. Add 2 cups halved cherries to remaining bowl with lime mixture; toss to coat. Let each stand at room temperature for 1 hour, stirring occasionally.

3. In a small bowl, stir together crispy roller pieces and ¼ cup coconut chips; set aside.

4. To assemble, divide mango mixture among 6 (8-oz.) dessert glasses, about ⅓ cup each. Drizzle with any remaining juices from bowl. Top each with ⅓ cup yogurt. Divide and spoon cherry mixture on top each; drizzle with any remaining juices from bowl.

5. Sprinkle desserts with coconut cookie mixture. Spoon 2 Tbsp. whipped topping on top of each dessert. Garnish with additional coconut chips and cherries with stems, if desired.

Each serving contains: *250 calories, 11 g fat, 9 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 36 g carbohydrates, 3 g fiber, 26 g sugar, 6 g protein.* ***Daily values:*** *0% vitamin D, 2% calcium, 2% iron, 4% potassium.*

Stone Fruit at Fresh Thyme

PEACHES

Sun-kissed and juicy peaches are widely grown in western and southern states. Once harvested, they're a summer cooking staple for desserts, drinks, and more.

NECTARINES

Ready-to-eat nectarines have a golden color around the stem and a soft, but firm feel. Refreshingly sweet, try them as a simple snack.

APRICOTS

Small yet mighty, apricots are delightfully tart and sweet. During their peak season, they're perfect for baking, canning, or snacking.

CHERRIES

Traverse City, Michigan, is known for its fresh, tart cherries. Find Midwest-grown cherries, plus sweet varieties, at Fresh Thyme to brighten your summer cocktails or desserts.

MANGOES

Hailing from the tropics, mangoes' juicy, fragrant flesh adds a burst of sweetness to salsas and fruit salads.

SPARKLING SWEET-PEACH TEA

Enjoy a refreshing summertime mocktail while relaxing on the porch or at an outdoor party.

PREP 20 minutes plus steeping and cooling time
COOK 10 minutes
SERVES 6 *(8 oz. each)*

PEACH-TEA BASE

4 cups water
⅔ cup Fresh Thyme organic unrefined cane sugar
5 peaches, pitted; cut into wedges and halved
5 The Republic of Tea ginger-peach tea bags
1 Tbsp. fresh lemon juice

SPARKLING TEA

1 recipe Peach-Tea Base (4 cups)
3 oz. Fresh Press Farms organic peach cider vinegar
16 oz. Waterloo peach sparkling water
Peach slices, for garnish
Lemon wedges, for garnish
Fresh Thyme organic mint, for garnish

1. For base, in a large saucepan, stir together water and sugar; add peaches. Cover and bring to a boil over high heat; reduce heat to medium-low. Cover and simmer for 10 minutes or until peaches are softened. Slightly mash peaches with a potato masher. Return to a simmer; remove from heat. Add tea bags; cover and steep for 10 minutes.

2. Remove and discard tea bags. Strain syrup mixture through a fine-mesh sieve set over a small bowl; press juices from peaches with the back of spoon. Discard pulp. Stir in lemon juice; cool to room temperature. Store, covered, in the refrigerator up to 3 days.

3. For sparkling tea, fill 80-oz. pitcher half full with ice cubes. Add peach-tea base and vinegar; stir to combine. Add sparkling water; gently stir. Serve in ice-filled 12-oz. glasses; garnish with peach slices, lemon wedges, and mint, if desired.

Each serving contains: *140 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 36 g carbohydrates, 2 g fiber, 34 g sugar, 1 g protein.* ***Daily values:*** *0% vitamin D, 0% calcium, 2% iron, 6% potassium.*

Scan QR code to make this KALE, WHITE BEAN, AND FLAXSEED SALAD.

FUEL YOUR DAY WITH SUPERSEEDS.

Fiber-rich whole and ground brown flaxseed delivers a nutritional boost to any meal. Sprinkle on salads, blend into smoothies, or mix in your favorite baked goods.

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FUEL YOUR SUMMER

ACTIVE DAYS IN THE HEAT—WHETHER CYCLING, HIKING, SWIMMING, OR PICNICKING—CAN DRAIN YOUR ENERGY AND LOWER YOUR BODY'S NUTRIENT LEVELS. STAY FUELED AND REFRESHED WITH HYDRATING DRINKS AND NUTRIENT-RICH FOODS TO KEEP YOU FEELING STRONG AND ENERGIZED ALL DAY LONG.

WHAT TO EAT BEFORE AND AFTER EXERCISE

Optimize your workout by fueling before, during, and after exercising. Carbohydrates, lean protein, fruit, hydration, and electrolytes can energize your fitness routine.

PRE-WORKOUT FOODS

Prep your body with easy-to-digest carbs and muscle-supporting protein.

2–3 Hours Before Workout
Try oatmeal, whole grain toast, yogurt, nuts, eggs, or fruit for the energy they provide during exercise.

30 Minutes Before Workout
Choose easy-to-digest foods packed with carbs and protein such as bananas, apples, peanut butter, and protein shakes.

During Workout
Take along a bottle of water and consider adding electrolytes to improve body temperature and physical performance.

After Workout
Refuel with brown rice, veggies, and lean protein. Grab a protein shake or chocolate milk for on-the-go convenience.

POST-WORKOUT FOODS

Healthy fats, protein, and carbs repair and replenish the body.

NUTRITIONAL POWERHOUSES

We believe good ingredients do more than fuel a workout—they support lasting health. A balanced diet of nutrient-dense foods helps you stay strong, energized, and ready for an active summer.

LEAN PROTEINS

Support strength and energy with lean proteins like eggs, legumes, poultry, and Greek yogurt. These foods provide muscle-building protein and essential nutrients like iron, vitamin B12, and calcium—all vital for an active, balanced lifestyle.

HEALTHY FATS

Sources like avocados, nuts, and olive oil provide healthy fats that offer long-lasting energy, support muscle recovery, and contribute to well-being. These fats reduce bad (LDL) cholesterol, enhance brain function, and promote heart health.

CARBOHYDRATES

Complex carbs from whole grains, legumes, and starchy vegetables provide energy and fiber. Summer fruits like berries, watermelon, and citrus offer hydration, immune-boosting vitamins, and minerals like potassium and magnesium.

TEAM MEMBER
SEAN LAYDEN

Continuous Improvement Specialist, 9 Years at Fresh Thyme Market

"Summer lends itself to warmer gyms and outdoor workouts. As much as I love my pre-workouts, creatine, and ginger lemon tea, proper hydration is needed all day. Focusing on during- and post-workout recovery is key. I add hydrators to my workouts and eat clean proteins. For recovery, I focus on additional electrolytes. If you stay ready, you never have to get ready."

Sources: *https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/food-as-fuel-before-during-and-after-workouts, https://www.health.harvard.edu/staying-healthy/the-best-foods-for-vitamins-and-minerals, https://www.nhlbi.nih.gov/health/heart-healthy-living/healthy-foods, https://pmc.ncbi.nlm.nih.gov/articles/PMC5227968*

ELECTROLYTES

Electrolytes are minerals that the body makes and also derives from foods, drinks, and supplements. They play an essential role in an active lifestyle by balancing bodily fluid, regulating the heartbeat, balancing pH levels, and supporting nerve and muscle function.

HYDRATION

Water alone may not supply enough minerals (electrolytes) to help retain fluid. Replenish these minerals with electrolyte drink mixes for optimal hydration.

Try: Ultima Replenisher Blue Raspberry Daily Electrolyte Drink Mix Tub, BodyHealth Perfect Amino Electrolytes Watermelon

PERFORMANCE

Exercise requires a boost in electrolytes to counteract dehydration through sweat. Keep the body's muscles, organs, and joints performing well by maintaining electrolyte balance.

Try: Trace Endure Liquid Electrolyte Supplement, Bare Performance Nutrition Electrolyte Strawberry Go Packs

RECOVERY

Replenish fluids lost through sweat with electrolytes. Sodium, potassium, and magnesium may aid in water retention and muscle relaxation.

Try: Liquid I.V. Hydration Multiplier Golden Cherry Electrolyte Drink Mix, Cure Electrolyte Drink Mix Berry Pomegranate

Consult with your healthcare provider before beginning any new supplement or making significant changes to your diet.
Source: *https://www.hopkinsmedicine.org/health/wellness-and-prevention/nutrition-and-fitness/sports-and-hydration-for-athletes*

BEAT THE HEAT

EMBRACE SUNNY DAYS WITH THE RIGHT PRODUCTS TO KEEP YOUR SKIN LOOKING AND FEELING ITS BEST.

PREVENT

Even short sun exposures can lead to skin damage and burns. Prevent ultraviolet harm by applying a primer, moisturizer, and/or lip balm with SPF as part of your morning skin routine.

Try: Badger Sunscreen Lip Balm SPF 15, Think Daily Tinted Face Zinc Oxide Sunscreen SPF 30

PROTECT

Apply full-body sunscreen to any exposed skin when spending time outdoors, even on cloudy days. Reapply according to product directions, generally about every two hours for dry skin and more often if you are swimming or sweating.

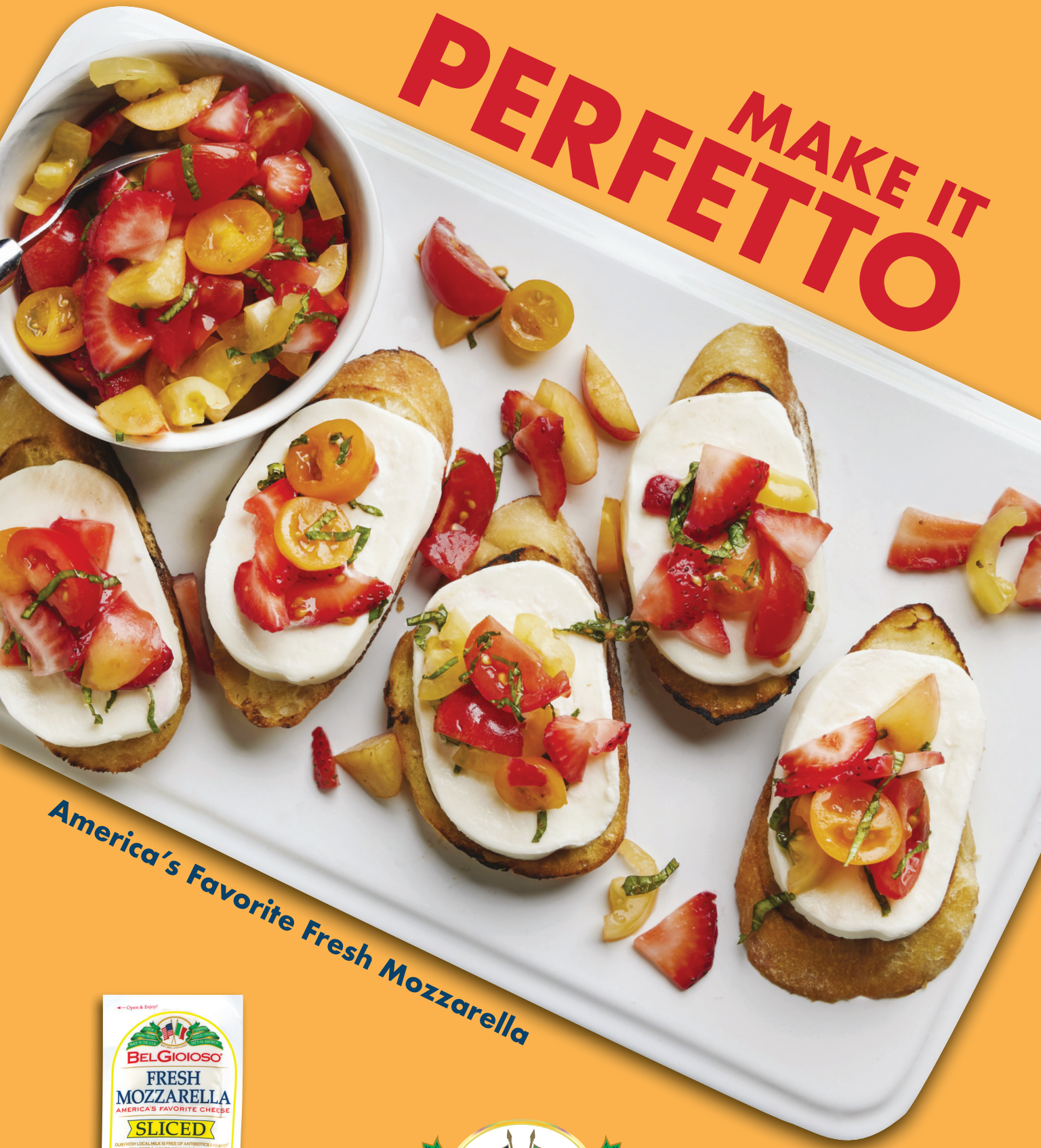
Try: Babo Botanicals Sheer Zinc Mineral Sunscreen Lotion SPF 30, Think Sport All Sheer Mineral Sunscreen Spray SPF 50

SOOTHE

When sunburns do happen, give your skin the comfort it craves. Aloe vera provides hydration, cooling, reduced inflammation, and pain relief. Reapply several times a day for best results.

Try: Lily Of The Desert 99% Aloe Vera Gelly, Hempz Cucumber & Aloe Herbal Body Moisturizer

MAKE IT PERFETTO



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INCORPORATE HERBS INTO YOUR DAILY WELLNESS ROUTINE FOR THEIR FULL HEALTH BENEFITS.

For centuries, herbs were regarded as the first defense against sickness and disease. In modern times, their whole-body health benefits have been largely forgotten. New research provides the evidence to what our ancestors instinctively knew—herbs are for much more than livening up a bland dish; they are small and mighty protectors of the body.

Herbs are considered to be anti-inflammatory, anti-bacterial, anti-fungal, glucose-reducing, cholesterol-lowering, mood-improving, and full of antioxidants. Long-term health benefits aside, herbs may also provide real-time relief for nausea (mint and ginger) and stress (lavender and rosemary). Harness the medicinal power of herbs when you shop Fresh Thyme.

TEAM MEMBER
KENNY HAUSMANN
Director of Merchandising, Natural Living
1 Year at Fresh Thyme Market

"After a demanding day, I turn to my herbal tea to unwind. Ashwagandha, an adaptogenic herb, supports a healthy stress response, while turmeric promotes joint health and overall well-being."

TINCTURES + TEAS

Highly concentrated tinctures can provide herbal benefits through a single drop. Or, try an herb's healthful properties through a warm cup of herbal tea.

Try: Herb Pharm Good Mood Nervous System Stabilizing Herbal Supplement, Choice Organics Mint Sage Herbal Tea

SUPPLEMENTS + OILS

Enhance your daily wellness routine with herbal supplements and aromatic essential oils for calming or uplifting support.

Try: Gaia Herbs Turmeric Supreme Extra Strength Herbal Supplement, Aura Cacia Lavender Pure Essential Oil, Fresh Thyme Essential Oils

PERSONAL CARE

The healing and hygienic properties of herbs can be effective in everyday personal care products such as toothpaste, lotion, and soap. Added bonus—they smell great!

Try: Auromère Ayurvedic Herbal Toothpaste Fresh Mint

Consult with your healthcare provider before beginning any new supplement or making significant changes to your diet. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Sources: *https://academic.oup.com/jaoac/article/102/2/395/5658185, https://www.ncbi.nlm.nih.gov/books/NBK536964/*

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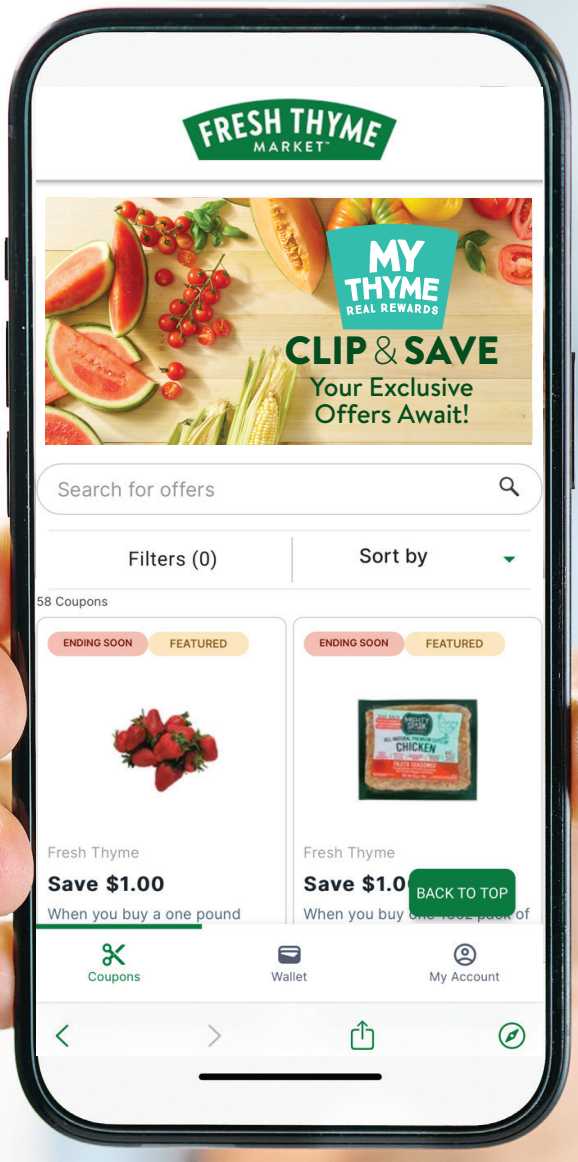

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**In all time periods Nielsen XAOC L 13W, L26W and L52W ending 03/22/25. †Compared to Magnesium Oxide. Winner VMS category. Survey of 40,000 people by Kantar. △Created from Citric Acid and Magnesium Carbonate.